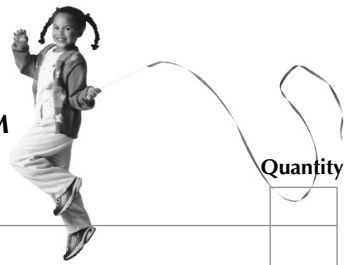


# Grocery List

SHOPPING FOR FOODS WITH CALCIUM



## Dairy

## Grains

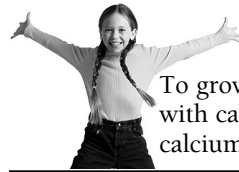
## Fruits and Vegetables

## Meats/Beans

## Beverages

## Other

Quantity



To grow strong, your daughter's bones need a balanced diet that includes foods with calcium. She should aim for 1,300 milligrams (130% Daily Value) of calcium each day. Here's a list of foods to help her get the calcium she needs.

Item	Suggestions for use	Portion per person	Calcium per portion in milligrams (% Daily Value)
<b>Fat-free or low-fat yogurt</b> (fruit flavored or plain)	Try a different flavor for every day of the week	1 cup	315-450 (30-45%)
<b>Ricotta cheese, part skim</b>	Great on pasta, pizza, and in quiche	1/2 cup	337 (35%)
<b>Orange juice with added calcium</b>	Smoothies go a long way when you add orange juice	1 cup	300 (30%)
<b>Fat-free or low-fat milk</b> (plain or flavored)	Great with meals, snacks, or on its own	1 cup	300 (30%)
<b>Soy beverage with added calcium</b>	It's a treat added to cereals, baked goods, smoothies, or on its own	1 cup	250-300 (25-30%)
<b>Tofu</b> (with calcium sulfate on ingredient list)	Adds a calcium boost to stir fries, sandwiches, soups, and low-fat desserts — try it marinated, grilled, sautéed or baked	1/2 cup	204 (20%)
<b>Low-fat cheese</b> (such as part-skim low-moisture mozzarella or American)	Great on pasta, sandwiches, with apple slices, or homemade pizza	1 ounce	174-207 (20%)
<b>Collards</b> (boiled, frozen)	Great steamed or added to stir fries, soups, or a variety of cooked meals	1/2 cup cooked	179 (20%)
<b>English muffins, whole wheat</b>	Ideal for breakfast, snacks, or lunch — they make great sandwiches, too	1 muffin	175 (20%)
<b>Broccoli</b>	Try it raw or steamed, or add it to soups, stir fries, casseroles, salads, or pasta	1 cup	90 (10%)
<b>Kale</b> (boiled, frozen)	Great steamed or added to stir fries, soups, or a variety of cooked meals	1/2 cup cooked	90 (10%)
<b>Sesame seeds</b>	Quickly toast for a delicious addition to stir fries, Asian noodles, salads, breads, or cookies	1 table-spoon	88 (8%)
<b>Bok Choy</b> (a.k.a. Chinese cabbage)	A terrific addition to soups or stir fries — try it in salads or on its own, too	1/2 cup	80 (8%)
<b>Almonds</b> (dry roasted)	Adds a crunch on top of yogurt, cottage cheese, and a variety of cooked dishes	1 ounce	71 (8%)



**Powerful Bones. Powerful Girls.**

THE NATIONAL BONE HEALTH CAMPAIGN™

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The National Bone Health Campaign is a partnership among the U.S. Department of Health and Human Services' Office on Women's Health, Centers for Disease Control and Prevention, and the National Osteoporosis Foundation.

